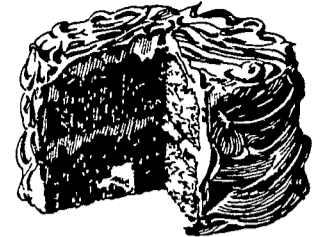


# Home On The Range



## Pork Pleasers

Mealtimes can be adventures in good eating when tasty and nutritious pork highlights the menu

Pork gives you a chance to economize two ways. First, pork is in plentiful supply making it a good buy with lots of variety from which to choose. Secondly, today's pork is a good buy from a nutritional standpoint - leaner with about 70 calories per ounce of cooked lean meat, higher in protein than ever before and an excellent source of the B vitamins, especially thiamin

### LOW CALORIE

#### PORK LOIN ROAST

Lean loin of pork - trimmed, boned, rolled and tied  
garlic powder  
coarse black pepper  
soy sauce  
hot apple juice

Sprinkle the roast liberally with garlic powder, pepper and soy sauce. Place on a rack in a shallow roasting pan. Don't add water and don't cover. Bake 325 degrees for 40 minutes per pound. Slice thinly. Pour all fat from roasting pan. Pour 1/2 cup hot apple juice into pan. Stir with spoon to dissolve residue. Pour over sliced pork.

Mrs. Carol Balbach, Walden

#### BACON STIX FOR A SNACK

10 thin bread sticks, any flavor  
5 slices bacon, halved lengthwise  
1/2 c grated parmesan cheese

Dredge one side of bacon strip in cheese; roll it against bread stick diagonally. Place sticks on baking sheet, dish or paper plate lined with paper towels. Microwave at high for 5 minutes. Roll again in cheese.

Bacon Stix can be assembled in advance and stay crisp several hours after microwaving.

#### ORANGE SHERRY PORK ROAST

3 to 4 pounds boneless pork loin roast (double loin, rolled and tied)  
3 cups orange juice  
1 1/2 cups honey  
1/4 cup cooking sherry

Insert rotisserie rod lengthwise through center of roast, balance roast, secure with rotisserie prongs. Insert meat thermometer at an angle so it is in center of roast but not touching rod. Place on rotisserie. Mix together thoroughly 2 1/2 cups of the orange juice, 1 cup of the honey, and the 1/4 cup cooking sherry. While cooking, inject the orange juice mixture into the meat. Cook meat slowly 2 to 2 1/2 hours till meat thermometer registers 170 degrees. Approximately 1/2 hour before roast is finished, mix together the remaining 1/2 cup orange juice and 1/2 cup honey. Brush mixture on roast. Makes 8 to 10 servings.

#### EASY PORK PARMIGIANA

2 pork cubed steaks, 4 ounces each  
1 egg  
1 T. water  
1/3 c seasoned breadcrumbs  
2 T grated Parmesan cheese  
2 T cooking oil  
1 c. Italian cooking sauce  
1/2 c shredded mozzarella cheese

In pie plate, beat egg and water. Combine breadcrumbs and Parmesan cheese in a second pie plate. Dip cubed steaks in crumbs, then in egg, then back in crumbs. In medium skillet, brown pork in hot oil over moderate heat, turning once. Arrange pork in 8x8x2 inch baking dish or individual casseroles. Top with Italian cooking sauce. Bake, uncovered, in a 350 degree oven till pork is done, about 30 minutes. During last 5 minutes top with mozzarella cheese. Makes 2 servings.



This Pork Pleaser, "Orange Sherry Pork Roast," is easy to prepare. It features a boneless pork loin, delicately flavored with a honey-orange juice-sherry mixture that is injected into the roast as it cooks on the rotisserie.

#### PORK LOIN LAHAINA

1 pork loin roast (center cut)  
1 can (1 lb 4 oz.) sliced pineapple  
1/4 c honey  
1/3 c soy sauce  
1/4 t garlic powder  
1/4 t ginger

Have meat retailer loosen chine (back) bone. Place fat side up, on rack in open roasting pan. Insert roast meat thermometer with bulb in thickest part not touching bone. Roast in 325 degree oven 2 1/2 hours or until meat thermometer registers 170 degrees. Drain pineapple well reserving all syrup; blend with remaining ingredients. Pour over pineapple to marinate. Brush pork with marinade every 10 minutes last 1/2 hour of cooking. Remove to serving platter, cut into 10 portions. Insert pineapple between each portion. Heat and serve remaining marinade with pork.

#### SPICY CRUSTED HAM

1 boneless fully cooked smoked half ham  
1/3 c light brown sugar  
1/4 c. fine dry bread crumbs  
1/4 t dry mustard  
1/4 t allspice  
1/4 t. black pepper  
1/3 c light or dark corn syrup  
whole cloves, optional

Place ham, fat side up, on rack in shallow roasting pan. Insert meat thermometer so bulb is in center of thickest part of ham.

Cover ham face with aluminum foil to keep it moist.

Bake in 325 degree oven as directed on package label or until meat thermometer registers 140 degrees. It will take about 2 hours for a 6 to 8 pound half ham. While ham is baking, prepare topping. Combine brown sugar, bread crumbs, mustard, allspice and pepper, mix well. Bring corn syrup to a boil, set aside. Thirty minutes before end of baking time stud with whole cloves, if desired. Brush top and sides of ham with syrup. Sprinkle with about 1/3 of the crumb mixture. Bake 10 minutes. Drizzle with about 1/2 of the remaining syrup and sprinkle with 1/2 of the remaining crumbs. Bake 10 minutes longer. Repeat to use remaining ingredients. Allow 3 to 4 servings of ham per pound.

#### PATIO BACON DIP

1 large avocado  
1 cup sour cream  
1 T soy sauce  
1 1/2 t. garlic salt  
6 slices crisply cooked bacon, crumbled

Peel and mash avocado. Blend with sour cream, soy sauce and garlic salt. Stir in bacon reserving a few bits for garnish. Spoon into bowl in center of fruit platter composed of bite-size chunks of fresh pineapple, bananas, strawberries, etc. skewered with toothpicks.

#### SPANISH PORK CHOPS

6 pork chops  
salt and pepper to taste  
1/4 c catsup  
1 T. dry mustard  
2 T vinegar  
1/2 c water  
1 T sugar

Brown pork chops. Pour off drippings. Season with salt and pepper. Mix catsup and dry mustard and spread on chops. Combine water, vinegar, and sugar and pour around chops. Cover tightly and simmer 45 minutes or cover and bake in a 350 degree oven 45 to 60 minutes or until done.

Mrs. Carl Bacon, Felton

#### HAM BALLS

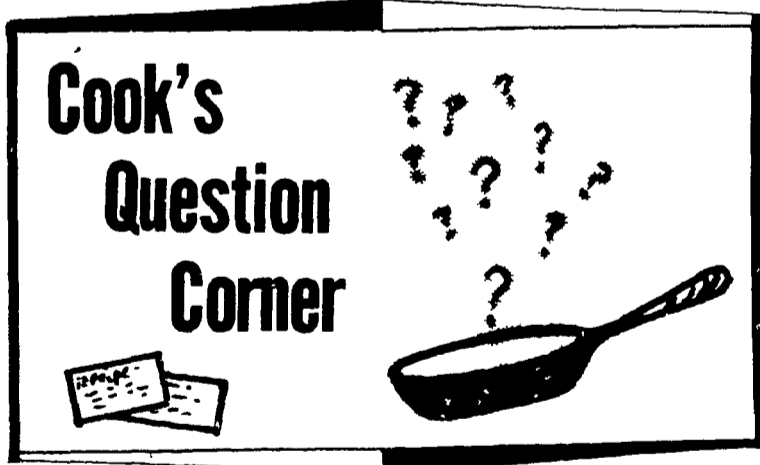
2 lbs ground ham  
2 lb ground pork  
2 lb. ground hamburger  
1/3 lb. Graham Cracker crumbs  
3 eggs slightly beaten  
3/4 c. milk

Combine all the above ingredients, mix well. Form into balls and place in baking dish. Sauce.

1 c brown sugar  
1 T. prepared mustard  
1 lb 4 oz. can crushed pineapple  
1/2 c. water

Combine these ingredients and bring to a boil. Spoon sauce on ham balls. Bake covered 2 hours at 350 degrees.

Carol Landis, Quarryville



**QUESTION-I** would like a spice cake recipe that my mother used to make. I remember her making it in a pan and I remember vividly the flavor. The only thing I can recall is that she used to put in a cup of coffee. Could anyone please help me?

G. Plitt, R3, Addison, N.Y. 14801

**QUESTION-We** have buck wheat flour at home but do not have any recipes for its use. We would appreciate any type of recipes.

Marian A. Wenger, R3 Kurtz Rd  
Denver, PA 17517

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